

ASSIGNMENT 7

Textbook Assignment: "Medical Aspects of Chemical, Biological, and Radiological Warfare," chapter 8, pages 8-1 to 8-18; "Diet and Nutrition," chapter 9, pages 9-1 to 9-11; "Emergency Dental Care and Preventive Medicine," chapter 10, pages 10-1 to 10-6.

- 7-1. Who is responsible for area decontamination of chemical agents aboard ship?
1. Medical officer
 2. Supply officer
 3. Damage control personnel
 4. All hands
- 7-2. What should be the first priority in the treatment of chemically contaminated casualties?
1. Control of massive hemorrhage
 2. Decontamination
 3. Treatment of life-threatening shock and wounds
 4. Removal of contaminated clothing
- 7-3. Who, if anyone, is responsible for maintaining adequate supplies for the decontamination and treatment of CBR casualties?
1. Medical officer
 2. Damage control officer
 3. Supply officer
 4. No one
- 7-4. Nerve agents produce their effect by interfacing with normal transmission of nerve impulses.
1. True
 2. False
- 7-5. The tendency of a chemical agent to remain effective in a contaminated area is known as
1. lethality
 2. persistency
 3. volatility
 4. permeability
- 7-6. Inhalation of nerve gas characteristically results in which of the symptoms listed below?
1. Local muscular twitching
 2. Dry mouth
 3. Pinpoint pupils
 4. Pulmonary edema
- 7-7. In a definitive care facility, the indicated treatment of a nerve agent victim includes which of the following therapies?
1. 2 mg atropine and 600 mg 2-PAM chloride every 15 minutes until recovery
 2. 2 mg atropine every 15 minutes until the victim has a dry mouth and mild tachycardia
 3. 600 mg 2-PAM chloride every 15 minutes until the victim is conscious
 4. Respiratory support only
- 7-8. What part of the body is most sensitive to the effects of mustard gases?
1. Eyes
 2. Lungs
 3. Liver
 4. Skin
- 7-9. Specific antidotal therapy is available for which, if any, of the following vesicants?
1. Mustard (HD)
 2. Nitrogen mustard (HN)
 3. Lewisite (L)
 4. None of the above

- 7-10. First aid treatment for blood agents is amyl nitrite ampules followed by which of the compounds listed below?
1. Oral potassium chloride
 2. Oral sodium thiosulfate
 3. Intravenous potassium chloride
 4. Intravenous sodium thiosulfate
- 7-11. The symbol for phosgene gas is
1. C1
 2. CN
 3. CG
 4. CK
- 7-12. Which of the following odors is an early indication of exposure to phosgene gas in casualty-producing amounts?
1. Bitter almonds
 2. A freshly mown lawn
 3. Geraniums
 4. None of the above. Phosgene is undetectable
- 7-13. The chemical agent that primarily affects the higher regulatory functions of the CNS is represented by which of the following symbols?
1. AC
 2. BZ
 3. CN
 4. CS
- 7-14. Exposure to fresh air and allowing wind to blow across wide open eyes is generally sufficient treatment for which of the following agents?
1. Psychochemicals
 2. Lacrimators
 3. Vomiting agents
 4. Glycolates
- 7-15. With exposure to Adamsite, which, if any, of the following actions must be taken to minimize or inhibit the symptoms of exposure?
1. Don a protective mask and continue duties as vigorously as possible
 2. Give an intramuscular injection of physostigmine
 3. Give an intravenous infusion of sodium thiosulfate
 4. Do none of the above
- 7-16. What is the proper treatment for burning white phosphorus particles embedded in the skin?
1. Surgical removal followed by a copper sulfate wet dressing
 2. A copper sulfate rinse then surgical removal
 3. A copper sulfate rinse only
 4. Allowing them to burn out
- 7-17. By what means can biological agents can be detected?
1. Physical senses
 2. Chemical detectors
 3. Laboratory examination
 4. All of the above
- 7-18. When entering an area known to be contaminated with biological agents, which of the following actions should be taken?
1. Put on gloves, if available
 2. Button up clothing
 3. Put on a protective mask
 4. Do all of the above

- 7-19. What is the appropriate procedure to follow when biological agents are known to have been placed in your drinking water?
1. Double the amount of chlorine in the water
 2. Double the time the water is exposed to the chlorine
 3. Boil the water before you drink any of it
 4. Refrain from drinking the water
- 7-20. Presenting a serious internal radiation hazard, alpha particles can enter the body through which of the following?
1. The digestive system
 2. The respiratory system
 3. Open wounds
 4. Any of the above
- 7-21. Of the following, which type of radiation has the greatest penetrating power?
1. Alpha
 2. Beta
 3. Gamma
 4. Neutron
- 7-22. In the event of a nuclear detonation, what is the best position to assume?
1. Sitting, with the knees drawn up to the chest, facing away from the blast
 2. Face down, with your face covered
 3. On your side, in a fetal position facing away from the blast
 4. Supine, with your face covered
- 7-23. The treatment of thermal burns from a nuclear detonation differs from more conventional burn wounds in which, if any, of the following ways?
1. Conventional burn wounds are generally less serious
 2. Conventional burn wounds are more likely to become infected
 3. Burns resulting from a nuclear detonation are more painful
 4. There is no difference
- 7-24. When using antibiotics for victims of radiation injuries, what is the recommended dosage?
1. One-half of the normal dosage
 2. The normal dosage
 3. Two times the normal dosage
 4. Three times the normal dosage
- 7-25. Approximately what number of calories must be burned or consumed for the average individual to lose or gain one pound?
1. 1,500
 2. 2,000
 3. 3,500
 4. 5,000
- 7-26. Which of the following nutritive elements are considered the "building blocks" of the body?
1. Fats
 2. Carbohydrates
 3. Minerals
 4. Proteins
- 7-27. What happens to protein consumed that is in excess of body requirements?
1. Used to supply energy only
 2. Changed into fat only
 3. Both 1 and 2
 4. Excreted from the body through elimination

7-28. What total number of amino acids are obtained solely from the food we eat?

1. 3
2. 7
3. 9
4. 11

7-29. What amount of protein should a non-pregnant person consume on a daily basis?

1. 0.8 g/kg
2. 1.2 g/kg
3. 2.2 lbs
4. There is no specific recommended amount

7-30. Protein deficiency can result in which of the following conditions?

1. Nutritional edema
2. Secondary anemia
3. Restricted growth
4. Each of the above

7-31. The number of calories generated by each gram of protein, fat, and carbohydrate, respectively is

1. 3, 6, 4
2. 4, 9, 4
3. 6, 3, 9
4. 9, 4, 6

7-32. The serum cholesterol level of adults over the age of 30 should be less than

1. 100 mg/dl
2. 150 mg/dl
3. 200 mg/dl
4. 300 mg/dl

7-33. Of the following, which is NOT a source of dietary fat?

1. Rice
2. Whole milk
3. Avocados
4. Egg yolks

7-34. Refined and processed sugars should make up no more than what percent of an individual's total caloric intake?

1. 5
2. 10
3. 15
4. 20

- A. Complex carbohydrates
B. Simple carbohydrates
C. Proteins
D. Fats

FOR QUESTIONS 7-35 TO 7-39, USE THE ABOVE LIST TO MATCH THE FOOD IDENTIFIED IN EACH OF THE QUESTIONS TO THE NUTRITIVE ELEMENT PRIMARILY ASSOCIATED WITH IT.

7-35. Fish.

1. A
2. B
3. C
4. D

7-36. Honey.

1. A
2. B
3. C
4. D

7-37. Butter.

1. A
2. B
3. C
4. D

7-38. Eggs.

1. A
2. B
3. C
4. D

- 7-39. Corn.
1. A
 2. B
 3. C
 4. D
- 7-40. An otherwise normal, healthy diet is always sufficient to provide an individual with adequate levels of minerals.
1. True
 2. False
- 7-41. Consumption of excessive amounts of certain vitamins can, in some circumstances, be fatal.
1. True
 2. False
- 7-42. Which of the following is sometimes referred to as "the forgotten nutrient"?
1. Selenium
 2. Phosphorus
 3. Water
 4. Fructose
- 7-43. According to the Dietary Guidelines for Americans, upon which of the following dietary elements should a nutritional diet be based?
1. Fruits and vegetables
 2. Complex carbohydrates
 3. Fats
 4. Dairy
- 7-44. Fried foods, as long as they are not too crisp, may be included in a soft diet.
1. True
 2. False

- 7-45. When a liquid diet has been ordered by the attending physician or dietician, the feedings should be ____ ounces and administered every ____ hours.

1. 4-6, 3-4
2. 6-8, 2-3
3. 8-10, 6-8
4. 10-12, 2-3

- 7-46. A high-calorie diet may be effected by modifying the regular diet in which of the following ways?

1. Adding snacks
2. Increasing portions
3. Providing commercial supplements
4. Each of the above

- | |
|---|
| A. Liquid B. High-calorie C. High-protein D. Low-calorie E. Low-protein |
|---|

FOR QUESTIONS 7-47 TO 7-51, SELECT THE DIET FROM THE LIST ABOVE THAT MOST APPROPRIATELY MATCHES THE MALADY IN THE QUESTION.

- 7-47. Malnourishment.

1. A
2. B
3. C
4. D

- 7-48. Hypothyroidism.

1. E
2. D
3. C
4. B

- 7-49. Inflammatory GI tract.

1. A
2. B
3. C
4. D

7-50. Low production of antibodies.

1. E
2. D
3. C
4. B

7-51. Chronic nephrotic edema.

1. B
2. C
3. D
4. E

7-52. Which of the following is appropriate procedure in the administration of a high-residue diet?

1. Ensure adequate fluid intake
2. Limit caffeine intake
3. Provide raw or tender-cooked vegetables
4. All of the above

- A. High-residue
B. Low-residue
C. Low-sodium
D. Bland
E. Low-carbohydrate, high-protein

FOR QUESTIONS 7-53 TO 7-57, SELECT THE DIET FROM THE LIST ABOVE THAT MOST APPROPRIATELY MATCHES THE MALADY IN THE QUESTION.

7-53. Peptic ulcers.

1. E
2. D
3. C
4. B

7-54. Hypertension.

1. A
2. B
3. C
4. D

7-55. Hemorrhoidectomy.

1. E
2. D
3. C
4. B

7-56. Hypoglycemia.

1. B
2. C
3. D
4. E

7-57. Spastic colon.

1. A
2. B
3. C
4. D

7-58. What is the most common cause of dental caries?

1. Sugar
2. Lack of fluoridation
3. Infrequent dental examinations
4. Bacterial plaque

7-59. Severe inflammation of the tooth pulp is known as

1. acute pulpitis
2. periapical abscess
3. marginal gingivitis
4. necrotizing ulcerative gingivitis

7-60. The most frequent cause of marginal gingivitis is

1. bacteria
2. caries
3. poor oral hygiene
4. periodontitis

- 7-61. What is the most frequent cause of periodontal abscesses?
1. A virus
 2. An infection
 3. Poor oral hygiene
 4. Prolonged irritation
- 7-62. An inflammation of the gingiva around a partially erupted tooth is known as
1. periodontitis
 2. periodontal abscess
 3. stomatitis
 4. pericoronitis
- 7-63. An inflammation of the oral mucosa is called
1. periocoronitis
 2. gingivitis
 3. stomatitis
 4. periodontitis
- 7-64. Labial herpes is an infection that results in which of the following conditions?
1. Fever blisters
 2. Gingivitis
 3. Pericoronitis
 4. All the above
- 7-65. Excruciating, constant pain 3 days after a tooth extraction indicates which of the following conditions?
1. Hemorrhage
 2. Osteitis
 3. Stomatitis
 4. Pericoronitis
- 7-66. The form used to record dental treatment is the
1. SF 600
 2. SF 602
 3. EZ 603A
 4. NAVMED 6150/20
- 7-67. In addition to maintaining and promoting good health, personal hygiene is important for which of the following reasons?
1. Inhibits the spread of disease
 2. Promotes good morale
 3. Decreases the risk of disabling disease
 4. All of the above
- 7-68. Preventive medicine procedures in the Navy are addressed in detail in what publication?
1. SECNAVINST 4061.1
 2. NAVMED P-5010
 3. NAVMED P-5038
 4. Navy Supply Publication 486
- 7-69. Animals that carry disease and can transmit those diseases to human or animal hosts to cause illness or injury are called
1. pests
 2. insects
 3. vectors
 4. rodents
- 7-70. Guidance as to appropriate food storage temperatures, storage life of perishable and semi-perishable food items, and safe time limits for keeping food can be found in which of the following publications?
1. SECNAVINST 4061.1
 2. NAVMED P-5010
 3. NAVMED P-5038
 4. Navy Supply Publication 486
- 7-71. All Navy and Marine Corps food-service facilities must be inspected by a medical department representative and food-service department representative.
1. True
 2. False

7-72. Immunizations used within the Armed Forces are required to meet standards set forth by which of the following organizations?

1. Food and Drug Administration
2. Department of Health and Human Services
3. Centers for Disease Control
4. National Institutes of Health

7-73. Instructions for preparing and submitting the Medical Event Report can be found in which of the following publications?

1. SECNAVINST 4061.1
2. NAVMED P-5010
3. NAVMED P-5038
4. Navy Supply Publication 486

7-74. As long as it is clear, tastes good, and is free from odor, water obtained in the field can be considered to be potable.

1. True
2. False

7-75. Marine sanitation devices (MSDs) perform what function(s) aboard ship?

1. Treat sewage before discharge into restricted waters
2. Collect and hold sewage for treatment
3. Treat sewage before discharge into unrestricted waters
4. Both 2 and 3